

Playing with Your Baby



This is my goal for my baby:

Why is it important for my baby to be active and play?

- ① Your baby's brain grows quickly during the first year of life. Learning begins with play!
- ① Your baby will be able to explore more and more as he learns to move around.
- ① Everyone needs to be active – even babies. Play with your baby!



Get your baby out of the crib, playpen or infant seat and let him move!

What kinds of play do babies like?

- ✦ Babies like to take things in and out of containers. They also like to reach for things out of their reach.
- ✦ Babies like to crawl over, under and around things (pillows, chairs and boxes).
- ✦ Babies like to play with things that are different colors, shapes and sizes.

You are your baby's first and most important teacher. Your baby is counting on you to play with him! Take time every day to play!

Playing with Your Toddler



This is my goal for my toddler:

Why is it important for my child to be active and play?

- ① Young children need to be active to grow and develop.
- ① Children need to do things over and over in order to learn them and do them well.
- ① Children need to explore, try new things and discover for themselves.



What kinds of play do children like?

- ✦ Copying parents doing things
- ✦ Playing with toys they can push and pull
- ✦ Repeating movements or activities
- ✦ Dumping things out of containers



Give your child the gift of health. Take time to play with your toddler.



Why is it important for my child to be active and play?

- ① Children learn through play.
- ① Play helps her get along with others.
- ① Play helps her learn new skills and use her imagination.
- ① Play helps her learn about words, feelings and thoughts.
- ① Seeing and doing new things helps your child's brain to grow.



How can I make activity fun and encourage my child to play?

- ✦ Play with your child. He will enjoy spending time with you! Find activities that you both enjoy.
- ✦ Be a role model for your child. He will watch you and want to be like you.
- ✦ Encourage your child to play outside every day. Fresh air is good!
- ✦ Children need planned activity as well as free play.
- ✦ Arrange for your child to play with other children often.



Playing with Your 3 to 5 Year Old



This is my goal for my child:
